

Preparing an Emergency Disaster Kit

Everyday we are faced with a possible emergency. There are emergencies or disasters that give some warning such as a hurricane or winter storm but others such as a chemical spill or manmade event like terrorism give no warning. Whichever one occurs, being prepared can lessen the loss of life or possessions. One way of being prepared is to have an **Emergency Disaster Kit** assembled with enough supplies for each member of your family to last for a minimum of 3 days.

In the event of a disaster, your local emergency response agencies will be working diligently to get you assistance but that may take some time. If you have an **Emergency Disaster Kit** you should be able to survive until help does arrive.

An **Emergency Disaster Kit** is a collection of basic items that members of your household may need in the event of an emergency or disaster. Below are some suggested items to include in your list.



Basic Emergency Disaster Kit:

The best time to assemble this kit is well before you need it. Most of these items are already around the house, just place them in a watertight, easy to carry container.

- **Cash:** Banks and ATM may not be operational
- **Water:** One gallon per person per day as a minimum
 - (Example: 1 person x 3 days= 3 gallons)
- **Food:** Nonperishable and precooked food, such as canned meat, instant soup, cereal bars, granola, etc.
- **Nonelectric can opener**
- **Flashlight and extra batteries**
- **Communications:** Portable radio or TV and extra batteries
- **Essential medications:** Prescription and nonprescription

- **Personal items:** Changes of clothing and shoes, bath towels, personal hygiene items, toothbrush and toothpaste, shampoo, soap, and toilet paper
- **Baby supplies:** ,Clothing, formula, bottle, disposable diapers, canned food and juice
- **Sleeping:** A blanket or a sleeping bag per person
- **Antibacterial hand wipes or gel**
- **Extra car and house keys**
- **Other:** Also include large plastic trash bags, tarp, and/or rain ponchos, rubber gloves and household bleach.

By preparing your **Emergency Disaster Kit** now, you can add to your family's safety during a disaster. Store enough supplies in one place for at least three (3) days and preferably seven (7) days.

Check your **Emergency Disaster Kit** regularly to keep it prepared for the change of seasons and also check the expiration dates on the supplies that are in your kit, including food and medications.